

activity log

What is GB Parks Rx?

To encourage healthy lifestyles and physical activity, Prevea Health, Live54218, The City of Green Bay and the Wisconsin Beverage Association partnered to create a local parks prescription program.

We're asking families to get more active. Use this activity log to record your activity each day* and turn in your completed activity log for a chance to win prizes.

First Name	Last Name	Guardian initials	
Phone number (_			
Date	Activity	Time	
Sept. 19	Walk/bike ride with family	30 minutes	
Sept. 19	Played tag	10 minutes	
Sept. 19 Sept. 20	Football practice/Dance class	1 hour	
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^{*}Set a goal to get at least one hour of activity per day. You may split up the time throughout your day. If you don't reach one hour, record how much time you were able to fit in that day.

Date	Activity	Time
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Three easy ways to return completed log!

- 1. Hand in to your Park and Rec program instructor
- 2. Send via email to Shane McMullen, GB Park Rx Coordinator: shane.mcmullen@prevea.com
- 3. Drop off at any of the following locations:

Prevea Allouez Health Center 1821 S. Webster Ave., Green Bay 54301

Prevea Ashwaubenon Health Center 2502 S Ashland Ave., Green Bay 54304

Prevea East De Pere Health Center 3860 Monroe Road (County Road GV), De Pere 54115

Prevea East Mason Health Center 3021 Voyager Dr., Green Bay 54311

Prevea Howard Health Center 2793 Lineville Road, Green Bay 54313

Prevea St. Mary's Health Center 1715 Dousman St., Green Bay 54303 Prevea West De Pere Health Center 1686 Eisenhower Road, De Pere

Green Bay City Hall

Room 510 or 24/7 dropbox available at entrance 100 N. Jefferson St. #500, Green Bay, 54301

Bay Beach Wild Life Sanctuary 660 E Shore Dr, Green Bay, 54302

















Download and print a new log at www.greenbaywi.gov/parks/gbparksrx